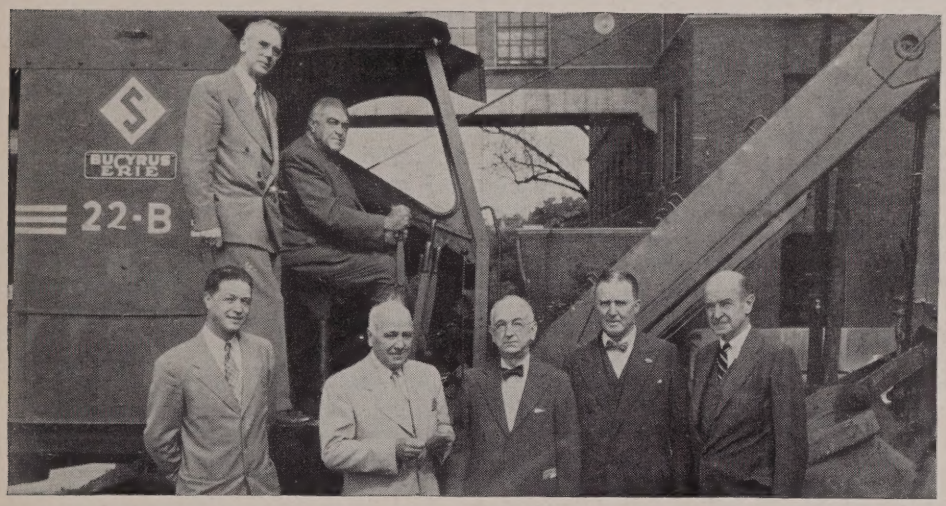
The Pulse

NEWS of the NEW ENGLAND DEACONESS HOSPITAL EMPLOYEES

Volume 5, No. 6 June 1950

Ground-Breaking Ceremony June 14



Standing, left to right: Dr. Clifford C. Franseen, Dr. Warren F. Cook, Mr. Stanley O. MacMullen, Mr. Francis W. Capper, and Mr. Henry R. Shepley, Architect. Above: Dr. Shields Warren assisting Mr. Ralph E. Thompson at the controls.

GROUNDBREAKING AT SITE OF CANCER RESEARCH INSTITUTE

On Wednesday morning, June 14, ground was broken at the site of the Deaconess' Cancer Research Institute on Pilgrim Road and construction of the half million-dollar project was officially begun. Officials at the ceremony were: Mr. Ralph Thompson, Chairman of the Building Committee, Mr. Stanley O. MacMullen, Chairman of the Executive Committee of the Board of Trustees of the Hospital, Mr. Francis Capper, Treasurer of the Hospital, Dr. Shields Warren, Chief Pathologist at the Deaconess and Director of the Division of Bacteriology and Medicine of the Atomic Energy Commission, Dr. Warren F. Cook, Executive Director of the Hospital, and Dr. Clifford C. Franseen of the Palmer Staff who will be in charge of the Out-patient Cancer Clinic in the new building.

In a brief statement about the new building, Dr. Warren emphasized that it will be the first of its kind in New England to be devoted *exclusively* to the study of cancer and cancer detection work. It was his hope that the work to be carried on at the Institute would prove to be of infinite assistance to private practitioners everywhere in the diagnosis of cancer. "The primary purpose of the Institute," Dr. Warren added, "is to develop and test the efficacy of new types of examinations that can be used by the private practitioner in his own office for detecting cancer in its early stages."

Construction of the new building is possible as the result of a grant by the U. S. Public Health Commission amounting to $485,000 together with other contributions toward the war against cancer.

The construction contract was awarded to George B. H. Macomber Company, of Boston, who submitted the lowest bid for the job, and the building is expected to be completed early next year.

Institute to Include Auditorium

In addition to the laboratory, which will be equipped with the most modern technical facilities available for this kind of research, the Institute will house a new auditorium for the use of the medical staff. Funds for the auditorium were privately solicited and special permission was obtained from the U. S. Public Health Commission to include it in the over-all plans of the Cancer Research Institute. The auditorium will have a capacity of 250 seats and it will be designed so as to make possible the showing of films as well as the presentation of lectures and special demonstrations.

ANNUAL MEETING OF THE NATIONAL CONFERENCE OF SOCIAL WORKERS

By MRS. GERTRUDE S. JAMESON

The theme of the Seventy-seventh annual meeting of the National Conference of Social Work this year was Democracy's objectives, i.e., Opportunity, Security, and Responsiblity for all people.

Over five thousand social workers from all parts of the United States and Canada gathered to discuss problems and to exchange views and experiences. We were all out to learn all we could and to take advantage of the excellent program and the outstanding speakers. Three hundred and fifty meetings were scheduled so that the twenty-two that I attended seemed like a drop in the bucket. However, the ones I covered included the six general sessions at which national figures spoke.

Coming closer to my particular job here in the Deaconess were meetings on Chronic Disease, considered by the Surgeon General of the U. S. Public Health Service as the nation's number one health problem; Social Case Work; Teaching Student Nurses the Social Aspects of Illness; Planning for the Convalescent; Group Work in a Hospital Setting; Rehabilitation of the Handicapped; Camping for Sick Children, Sheltered Work Shops; Work for the Homebound; etc. Medical Social Workers held seventeen separate meetings on various aspects of work with patients and I assure you it was hard to choose from among them which to attend.

Boston Hospitals Represented

Practically all Boston hospitals were represented at the Conference and many of the Boston group of Social Workers took a prominent part in planning and speaking at the meetings.

(Continued on Page 3, Col. 3)

"FACT OR FISHIN' " CONTEST

All employees are eligible. Vacation tales, tall or short, fishing stories or anecdotes based on your own experiences this summer may be entered in the contest. The deadline for entries is 12 noon on September 9. Stories will be judged solely on the basis of originality and THE PULSE will award the winner a prize of $5.

The Pulse

JUNE, 1950

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EDITORIAL

Do you find that everyone's eyes seem a little bit brighter, steps a little faster, smiles a little readier? There is only one explanation for this phenomenon: This is the best time of the year — Vacation Time — the respite we all have been eagerly awaiting.

When we are all back from vacation, we will have the fun of exchanging stories about our summer experiences. If your vacation trip proves to be particularly thrilling or unusual, if you hear of an amusing anecdote or human interest tale, why not plan to jot it down and enter it in the contest that THE PULSE is sponsoring this summer? Further details on the contest may be found elsewhere in this issue.

Above all — HAVE A WONDERFUL VACATION!

PALMER VI HAS ITS FACE LIFTED

It's worth a trip to the Sixth Floor of Palmer to see the metamorphosis which has taken place in the Solarium, Blood Bank, and Library.

With the enthusiastic help of the Maintenance, Housekeeping and Laundry Departments, the antique complexion has been rejuvenated and the Sixth Floor now boasts a freshly painted ceiling and walls, crisp curtains, sparkling windows, and polished floors.

Many thanks to those whose interest and cooperation produced such a good job so quickly and cheerfully.

Department of the Month

THE JOSLIN GROUP

Much lustre has been added to the New England Deaconess name by the Joslin Group. This Group is headed by Dr. Elliott P. Joslin who recently celebrated his eighty-first birthday by making rounds as usual. Associated with the Group are Dr. Howard Root, Dr. Priscilla White, Dr. Alexander Marble, Dr. Allen Joslin, and Dr. Robert Bradley.

Dr. Joslin was the first in the New England area to use insulin in the treatment of diabetes. The opening of the George F. Baker Clinic in 1934 saw the centralization of the Joslin Group at the Deaconess. Baker I is devoted primarily to admimistration. The office is staffed by three secretaries who are concerned with medical dictation and records of the hospital patients. There is a special photostat room where all medical records are photographed for the hospital record room. Also, in conjunction with the Joslin Group, the Deaconess maintains a Foot Room for the care of diabetic feet, which is the first of its kind in the world. The Dental Clinic, located on the first floor, is maintained for the benefit of Joslin patients as well as others. X-rays and extractions are done by the Hospital's Oral Surgeon, Dr. Harold A. Kent.

Instruction of Patients

The Teaching Diabetic Office is an important part of the Group. Two nurses instruct patients in the self-administration of insulin and teach them how to regulate their diets. The Baker classroom is the scene of lectures on diabetes for the patients. These lectures are given twice a day by members of the Staff and the teaching nurses.

The research activities for the Group are concentrated on Baker II. One laboratory under the direction of Dr. Priscilla White does research on diabetic pregnancies. The second laboratory headed by Dr. Marble conducts diabetic experiments. The personnel of these laboratories consists of a chemist, laboratory technicians, and research medical men.

There are approximately seventy-five patients in the Hospital at all times under the Joslin service. The greatest number of these, of course, are diabetics who may be hospitalized for check-ups, regulation or more serious conditions. The Joslin Group has six to eight men on Fellowships who gain valuable experience and knowledge on diabetic problems.

Patients and medical men come to the Hospital from all over the world under the Joslin Group and it isn't too surprising to see various types of dress or to hear foreign tongues in Baker.

A New Proposal

At a recent meeting of the Board of Trustees, Dr. Joslin proposed the construction of a new building on Pilgrim Road opposite the Engineering Department. This building would be constructed through funds solicited largely by the Joslin Group and would be devoted primarily to the care of ambulatory patients. This is another indication of Dr. Joslin's continuing interest in the improvement of facilities at the Deaconess.

We at the Deaconess are proud to have the Joslin Group associated with us. They have taken the fear out of diabetes and have proved that diabetics can live longer than would have been expected if they had been normal healthy people.

ANNUAL BOWLING BANQUET HELD AT LATIN QUARTER

The evening of May 23 marked the end of the 1949-50 bowling season and the banquet was a huge success. In all, sixty-six people attended the dinner at the Latin Quarter, where there was a first-class floor show and food fit for royalty, in addition to dancing to the music of an excellent orchestra.

Several trophies were awarded. The Solution Room (Team No. 9) was the winning team of the season with 80 points, thus capturing the large trophy which they will keep for one year and a smaller trophy which will be kept by the Department. Miss Tommy White and Mr. Chamberlin each won trophies for maintaining the highest averages during the year amongst the women and the men, respectively.

(Continued on Page 4, Col. 3)

POPS CONCERT A SUCCESS

The annual Deaconess Night at Pops, sponsored by The Friends of the Deaconess, was a gala occasion this year and even the torrential downpour that evening failed to dampen the enthusiasm of the large and appreciative audience.

Thanks to the very able and energetic Chairman, Mrs. John B. McKittrick, more than $1,000 was realized from the sale of tickets. This will be turned over to the School of Nursing to be divided into several scholarships.

The Junior Friends of the Deaconess, having solicited donations of flowers, made them into artistic corsages and circulated among the tables in Symphony Hall selling their wares. They cleared $185 net profit and these funds will be used to redecorate the children's ward in the Deaconess Building.

THE STORY OF CORTISONE AND ACTH

By JOHN N. ELLIOTT, M. D.

For many years doctors had noted that patients afflicted with crippling rheumatoid arthritis would become free of joint complaints during pregnancy or during diseases causing jaundice.

It was discovered that in pregnancy there was a higher than usual production of the adrenal cortical hormones. As early as 1941, it was suggested by Dr. Philip Hench of the Mayo Clinic, that these preparations be used in this disabling disease.

It was not until early in 1949, however, that Dr. Hench and his associates used these preparations in rheumatoid arthritis with results that amazed the medical world.

The adrenal glands are small organs that are situated just on top of each kidney. They produce many types of hormones that are necessary for normal body function. One of these is cortisone, and this hormone was first isolated in 1935 by Dr. Kendall also of Mayo.

The "Master" Gland

The pituitary gland is a small organ situated at the base of the brain; and it is said to be the master gland of the body, in that it controls, by its various secretions, activity of all other hormonal glands.

The pituitary hormone that regulates the function of the adrenal glands is called the "adrenocorticotrophic" hormone, now abbreviated to "ACTH."

Therefore, when cortisone is given, the doctor adds more hormone of a type that the body is already producing, and when ACTH is given, it stimulates the normally functioning adrenal gland to produce more hormones of the cortisone type. The effect of each is thus about the same.

ACTH is extracted by chemical process from the pituitary glands of hogs, whereas cortisone has been synthesized by Doctor Sarett, of the Merck Chemical Company, from the bile of cattle. The required chemical processes for the preparation of both drugs are complicated and tedious procedures and, therefore, the cost of both has been high. However, newer methods and increasing production will soon bring the cost down to reasonable levels.

Certain Side Effects

Both ACTH and cortisone have been found to be effective in rheumatoid arthritis, rheumatic fever, asthma, gout, acute inflammatory diseases of the eye and psoriasis. It has also been shown to influence profoundly the course of acute leukemia, various types of cancer, kidney and blood diseases.

It appears, however, that many patients afflicted with these conditions show improvement only while taking the drugs and that the disease condition reappears when the drug is stopped. On the other hand, the changes produced are remarkable, because for the most part there were no known medicines which had any effect whatever in the diseases which have responded to ACTH and cortisone.

Both drugs, if given in high dosage for a long period of time, will produce a gain in weight by the retention of body fluid, as well as a rounded appearance of the face and increased growth of hair, especially on the face. They may also depress the menstrual periods and cause a tendency for increased sugar in the blood and moderate rise of blood pressure.

However, the dosages required for treatment in most conditions are not high enough to produce any marked side effects, and these unpleasant results of treatment generally subside when treatment ends.

It may be that many disease states may require frequent injections of either cortisone or ACTH to control the manifestations of the disease, just as insulin is required in the treatment of diabetes.

The discovery of these drugs is without doubt one of the great landmarks in the progress of medicine, and intensive research is going on further to clarify their effects and possibilities.

DR. LOUISA P. TINGLEY FETED

On June 14, Doctor Tingley was given a surprise party by a group of friends from the Deaconess. The occasion was her eighty-first birthday. In addition to gifts and flowers, she received a birthday cake baked especially for her by Mr. Cheney our pastry chef.

Many of the older graduates of the Hospital know Doctor Tingley as a sincere friend and counselor. Far from being on the inactive list, Dr. Tingley maintains regular practice, dividing her time each week between Boston and Providence.

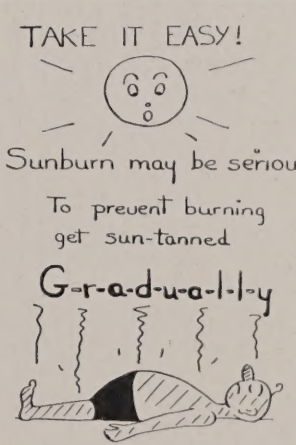
CONFERENCE

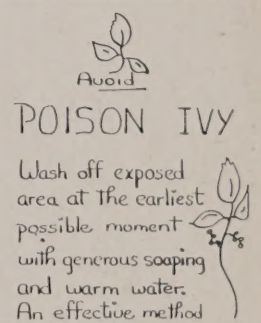
(Continued from Page 1, Col. 3)

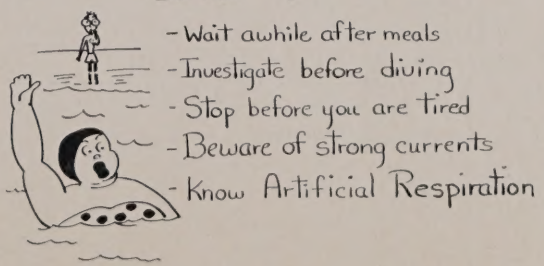
In addition to the twelve sections of the Conference, forty-six National Associate Groups held meetings during the week. Among them were the Red Cross; American Cancer Society; American Foundation for the Blind; National Child Labor Committee, etc.

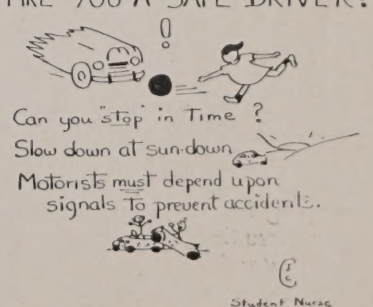
One leaves the Conference with the definite impression that there is much good will in the world and deep concern on the part of many able people for all peoples who are troubled in their personal lives, have ill health, or are in need of necessities.

Public Health Notes




Avoid
POISON IVY
Wash off exposed area at the earliest possible moment with generous soaping and warm water. An effective method of relieving itching is to apply a towel wrung out of hot water.


SAFE SWIMMING
Do YOU ?
- Wait awhile after meals
- Investigate before diving
- Stop before you are tired
- Beware of strong currents
- Know Artificial Respiration


ARE YOU A SAFE DRIVER?
Can you stop in Time ?
Slow down at sun-down
Motorists must depend upon signals To prevent accidents.
Student Nurse

News of the Nursing Department

GRADUATING CLASS — 1950

First Row, left to right: Priscilla Mazelli, Ruth Lloyd, Marjorie French, Evelyn MacKenzie, Janet Kinsley, Ruth H. Taylor, Doris MacKenzie, Ruth Robbins, Mabel Leland, Betty Jones, Ruth Byers, Jean Johnson, Elaine Evans, Patsy Shope, Mae McBane, Glenna Wetmore, Jean Wildman, Myrtle Morse.

Second Row: Carrie Kendall, Ella-Mae Penney, Joan Hartford, Alma Born, Mary Atkin, Barbara Cook, Elaine O'Dell, Maxine Orton, Glenna Gullam, Hope Brown, Lorraine Moran, Joan Shackford, Beverly Cohen, Jane Dryden, Dorothea DeRoehn.

Third Row: Marianne Farrall, Margaret Fish, Edna MacNeill, Marion Anderson, Ruth Farrington, Eleanor Stokes, Rogene Jackson, Lennie Messer, Anne King, Doreen Hallock, Helen Bousa.

Fourth Row: Noreen Roth, Catherine Mays, Jean Hunter, Vera Sherer, Claire Davis, Carol Gustafson, Roberta Critch, Winifred Caffelle.

THE SCHOOL OF NURSING 1944 - 1950

The efficiency of an educational institution is most often reflected in the qualifications of its faculty and the character of its curriculum. Shortly after Miss Shrader's arrival at the Deaconess, she started to reorganize the faculty and revise the curriculum with a view to achieving greater coordination of effort and a more complete clinical preparation including teaching at the bedside. By 1946, this reorganization resulted in a stronger faculty and a better coordinated curriculum and such other things as a fine Glee Club, Vespers, tennis, a school paper, and an attractive and well equipped library.

Post-War Problems

The three years immediately following the war were beset with problems just as difficult to solve as any during the war itself. The shortage of nurses in all civilian hospitals was aggravated during and after the war, since most of the auxiliary helpers terminated their services to hospitals abruptly, leaving only barely enough personnel to care for the patients. In this respect, the Deaconess was no exception. Miss Shrader concentrated on developing teamwork amongst the faculty and on recruiting more promising groups of candidates for the school.

The next two years were spent in rounding out the curriculum and integrating the studies with the practical training, making improvements in the living quarters at Harris Hall and providing an excellent basic nursing program.

Some outstanding achievements are:

1. School enrollment increased by 50%.
2. Ratio of applicants to acceptances is now four to one.
3. Student withdrawals in 1949 were 17% better than in 1947.
4. Great improvement on State Board Examinations by students.
5. Three-quarters of faculty now hold degrees and are especially trained for their positions.
6. Nursing care is now at a higher level than for many years.
7. A fine spirit of unity now exists among graduates, students, and faculty.

There are many other changes, perceptible only to those of us closely associated with this phase of the work at the Deaconess. It is natural, in the light of such progress, that we are all distressed at Miss Shrader's impending departure in the Fall. Perhaps, the finest tribute we can pay Miss Shrader is to say that we are confident she has vested in her lieutenants, personally trained and appointed, the responsibility for carrying on the good work which she has so competently directed for the last six years. We thank Miss Shrader for having given us so much in so little time and wish her God's speed.

DEPARTMENTAL NOTES

Engagements

Miss Barbara Ann Brigham, Social Service Department to Leonidas M. Jones, of Alabama. Mr. Jones is working for his Ph.D. in English Literature at Harvard University.

Weddings

Miss Margaret M. Kerrigan, Cashiers office, to Mr. Alfred Cote, Matchett Street, Brighton, Massachusetts, on June 10, 1950 at St. Mary's Church, Brookline. Their residence will be Parkway Road, Brookline.

Miss Olivia Raymond, Class of 1949, to Mr. Ivan Lorne Buchanan, London, England, on May 27, 1950, in Milton, Massachusetts. The couple have sailed for Nice, France, where they will live while Mr. Buchanan continues his studies in painting.

Miss Barbara Forsaith, Class of 1949, to Mr. Harry Maskell, Melrose, on May 27, 1950, in Melrose, Massachusetts.

Miss Geraldine Allard to Mr. James Archibald, Boston, Massachusetts, on May 27, 1950, in Brookline. Mrs. Archibald is a general duty nurse on Palmer IV.

Pathology

The Pathology Laboratory seems to be going in for long trips this summer. The first to leave on vacation was Dr. William A. Meissner who is touring the west coast by automobile. He plans to stop off for a short time in Oregon, which is his home state.

Dr. Shields Warren will leave for Europe in the early part of July. He will present a paper in Paris at the Fifth International Cancer Conference and will present two papers at the Sixth Congress of Radiology which will be held in London.

Dr. Bruce H. Smith, Resident in Pathology, will be on U. S. Naval duty in the Mediterranean, and Dr. William Krech, a volunteer from Chelsea Naval Hospital, will be sailing for the Northern Pacific.

* * *

BOWLING

(Continued from Page 2, Col. 2)

A particularly attractive trophy was awarded to Mr. Donald Sabine, Captain of the Engineering Department Team, for the outstanding job his team did in holding down the tail-end scoring position at the close of the bowling season. The trophy has been placed on display in the Engineering Office. Everyone is cordially invited to see it during display hours which are 9 to 5, Monday through Friday.

Wives and husbands of many of the employes attended the banquet and all agreed it was one of the best occasions in the history of the Deaconess Bowling League.